

Zumba (M)

Zumba fuses hypnotic Latin and other international rhythms with easy dance moves resulting in an exhilarating, fat-burning, fitness party that doesn't even feel like exercise! You can't help but move to this music, so come dance the calories away while toning and sculpting your whole body!

Fridays: 10:00 - 10:45am
Sundays: 4:30 - 5:30 pm



Dance Fit (L/M)

Improve coordination, balance, and memory while improving your cardiovascular stamina. Have fun learning the moves to yesterday's and today's popular music.



Mondays & Wednesdays:
10:00 - 10:45 am

Class Levels:

L=Light Intensity
M=Moderate Intensity
H=High Intensity

This labeling system is meant to help participants choose classes suited for their fitness level.

All classes will have modifications so all participants feel successful.

Forever Fit (L)

Now 5 days a week!

This class is a total body workout for active seniors. Forever Fit is a combination of aerobic, flexibility, and strength exercises designed to enhance joint stability, agility, balance, muscular strength, and cardiovascular endurance.

Monday through Friday:
11:00 - 11:45am

Fitness Schedule (September through February)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:10 - 6:55am	Cardio Kickboxing		Cardio Kickboxing		Cardio Kickboxing		
8:00-9:00am		Barre Fit					
8:30-9:15am						Suspension Training	
9:00 - 9:45am	Body Bar Express	Stay Fit	Body Bar Express	Stay Fit	Body Bar Express		
10:00-10:45am	Dance Fit	Yoga-lates	Dance Fit	Yoga-lates	Zumba		
11:00-11:45am	Forever Fit	Forever Fit	Forever Fit	Forever Fit	Forever Fit		
12:10-12:50pm	Core & More		Core & More		Core & More		
4:30-5:30pm							Zumba
5:30-6:15pm	Cardio Mix	Boot Camp	Cardio Mix	Boot Camp			
6:30-7:15pm	Yoga-lates	Cardio Kickboxing	Yoga-lates	Cardio Kickboxing			

Fitness & Exercise

Classes



Be a part of our
SRC Fit Club
at the Savoy Recreation Center
Members & Silver Sneakers FREE!



402 W. Graham Drive
Savoy, IL 61874
Phone: (217) 359-3550

Lexi Hartman
Program Director
lexi.hartman@savoy.illinois.gov
www.savoy.illinois.gov/recreation

Cardio Workouts

Cardio Mix (M/H)

This 45-minute workout is set to upbeat music featuring a variety of aerobic exercises that are easy to follow! Exercises may be modified to any fitness level.

Mondays & Wednesdays: 5:30 - 6:15pm



Boot Camp (H)

This class features a variety of cardio and strength exercises including running, agility drills, weight training, and flexibility stretches. This energetic class is not recommended for beginners.

Tuesdays & Thursdays: 5:30 - 6:15pm



Cardio Kickboxing (H)

Jabs, crosses, hooks, uppercuts, and plenty of kicking makes this Turbo Kick and martial arts-inspired workout a fierce but fun cardio session. Burn some serious calories during heart-pounding music!

Mondays/ Wednesdays/ Fridays: 6:10-6:55 am

Tuesdays & Thursdays: 6:30 - 7:15 pm

Stay Fit (L/M)

A class designed to integrate cardio, strength, and toning. Various levels of intensity encompassing elevated heart rate alternating with exercises for muscle strength and definition for upper/lower body and core.

Tuesdays/Thursdays: 9:00-9:45 am

Suspension Training (H)

This is a fun and effective way to sculpt every muscle in your body! Defy gravity, build muscle, and have fun exercising. This class is for fitness enthusiasts ready to step up their intensity! (participants must supply their own straps)

Saturdays, 8:30- 9:15 am

NEW

All fitness classes held at the Savoy Recreation Center are FREE with Membership!

SRC Fit Club 10 Visit Pass:

Adults: \$40/ Residents, \$60/Non-Residents

Seniors: \$30/Residents, \$50/ Non-Residents

FREE for Silver Sneakers

SRC SITTER SERVICES

Would you like to take a fitness class or workout, but don't have anyone to watch your children? Ask about our new SRC Sitter Services. Supervised play! Children must be at least one year of age. Reservations taken by appointment with as little as one day notice! Members only, please. FREE with Family membership.

\$2/R,\$3/NR (per visit, per child)

10 Visit Pass: \$18/R, \$27/NR



Flexibility- Strength Training

Yoga - lates (L/M)

This combination of Yoga and Pilates will strengthen your core muscles, increase your flexibility, and leave you feeling refreshed and relaxed.

Tuesdays & Thursdays: 10:00 - 10:45 am

Mondays &

Wednesdays:

6:30 - 7:15 pm



Body - Bar Express (M/H)

This strengthening workout will use the body bar and dumbbells to improve your total body strength. A great way to build muscle and lose fat.

Mondays/ Wednesdays/ Fridays: 9:00-9:45 am

Core & More (L/M)

This class focuses on abdominal muscles, obliques, and lower back by using your body weight and a variety of fitness equipment. The exercises in this class will work your lower and upper body in addition to your core muscles.

Mondays/ Wednesdays/ Fridays: 12:10-12:50pm

Barre Fit (L/M)

The low impact workout *is suitable for all ages. You will* see results in strength, posture and flexibility over a period of time. This workout is a great way to develop a lean muscle mass while improving balance, flexibility, and range of motion. It is excellent for toning and lengthening muscles. It borrows fundamental elements from Western classical dance form - Ballet. The low impact workout will let you see results in strength, posture and flexibility over a period of time.

Tuesdays: 8:00-9:00am

NEW